

WHAT IS LENT?

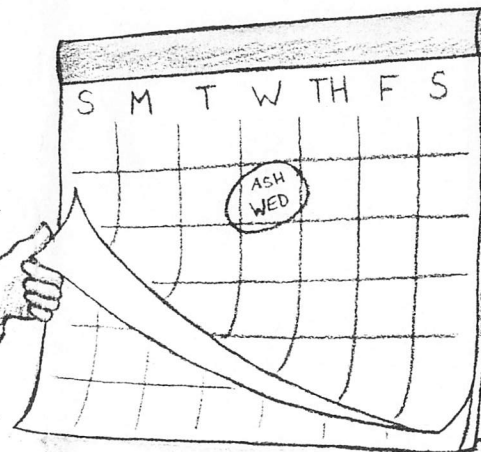
It's the season to renew our commitment to God in preparation for the Resurrection of Jesus on Easter Sunday.

LENT BEGINS

on Ash Wednesday and lasts 40 weekdays, plus 6 Sundays.

LENT COMMEMORATES

the life and death of Jesus. On Easter, we celebrate Jesus' victory over death and the gift of everlasting life.

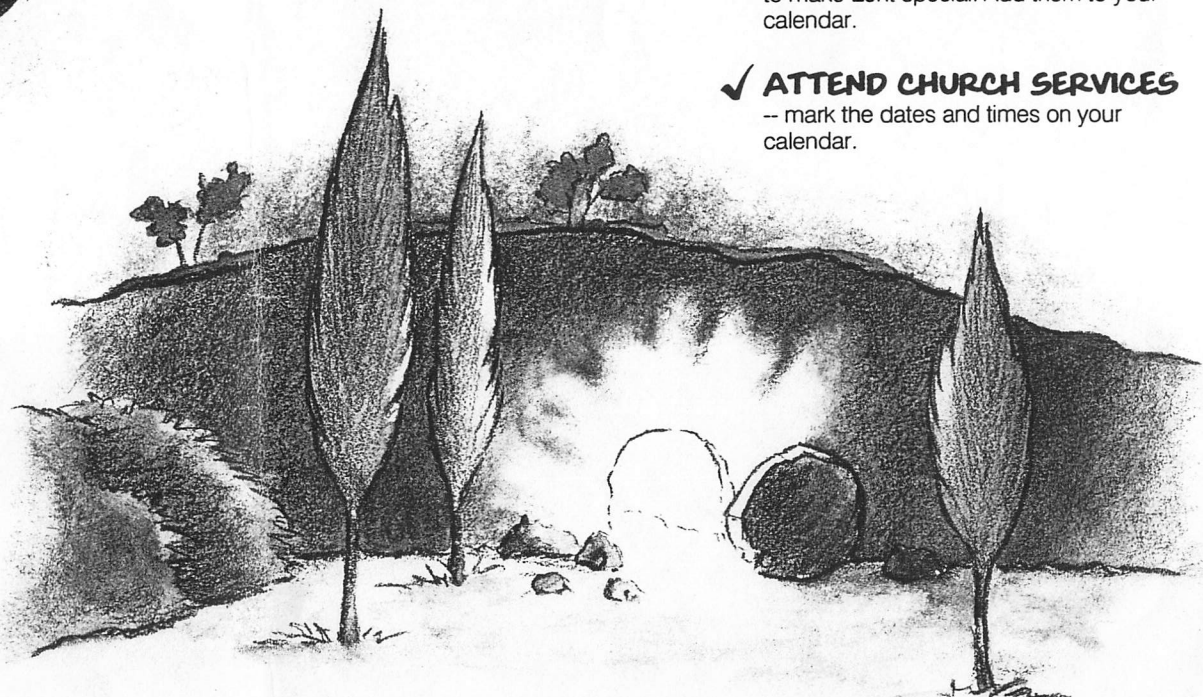


EXPERIENCE LENT!

Use this calendar to help make your Lenten season more meaningful.

Each week:

- ✓ **FOCUS YOUR THOUGHTS AND PRAYERS**
on the given weekly theme and Bible passage.
- ✓ **USE THE SUGGESTED ACTIVITIES**
to help you experience the theme and Bible passage more fully.
- ✓ **THINK OF OTHER WAYS**
to make Lent special. Add them to your calendar.
- ✓ **ATTEND CHURCH SERVICES**
-- mark the dates and times on your calendar.



Scripture quotations are from the NRSV Bible, © 1989, by the Div. of Christian Educ. of the Nat'l Council of the Churches of Christ in the USA, used by permission.



THE WEEK OF ASH WEDNESDAY

A NEW BEGINNING

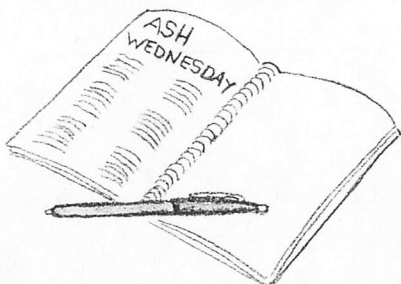
As your Lenten journey begins, turn to God for strength and guidance.

*Return to the LORD, your God,
for he is gracious and
merciful, slow to anger, and
abounding in steadfast love.*
Joel 2:13



START A LENTEN DIARY OR JOURNAL

Set aside some time to write about the day's events. Focus on how Jesus' love and teachings affect your thoughts, feelings and actions. Ask young children to draw pictures that show their days' activities.



FEBRUARY 21

Sunday

FEBRUARY 22

Monday

FEBRUARY 23

Shrove ("Fat") Tuesday

Traditionally, this is a day of feasting before Lent.

FEBRUARY 24

Ash Wednesday

Lent begins. Ashes symbolize the sorrow of believers. Read Psalm 51.

FEBRUARY 25

Thursday

Plant seeds or bulbs indoors.

FEBRUARY 26

Friday

Take up a new hobby -- or develop an old one!

FEBRUARY 27

Saturday

Discuss your favorite story about Jesus.

FEBRUARY 28

Sunday

Set aside extra time for prayer during Lent.

MARCH 1

Monday

Read Luke 11:1-13.

MARCH 2

Tuesday

Take time to examine 1 area in your life (honesty, for example).

MARCH 3

Wednesday

Pray for someone you know who is having a difficult time.

MARCH 4

Thursday

Pray for world peace.

MARCH 5

Friday

Make time each day to pray together as a family.

MARCH 6

Saturday

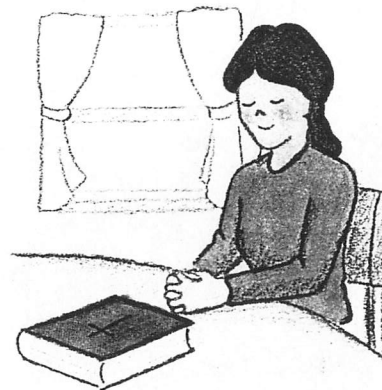
Sing favorite hymns or psalms, such as Psalm 23.

1st FULL WEEK OF LENT

PRAYER AND REFLECTION

They provide hope, inner strength and direction for your Lenten journey.

*Let the words of my mouth and
the meditation of my heart be
acceptable to you, O LORD,
my rock and my redeemer.*
Psalm 19:14



JOIN A PRAYER GROUP

If your church doesn't have a prayer group, help start one.

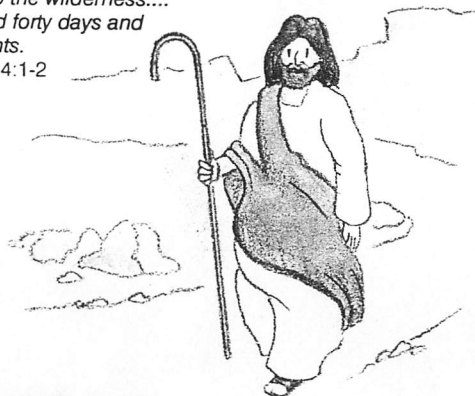


2ND WEEK OF LENT

FASTING

Acts of fasting can be positive expressions of faith that help others.

Then Jesus was led up by the Spirit into the wilderness.... He fasted forty days and forty nights.
Matthew 4:1-2



LIVE YOUR LIFE MORE SIMPLY

Watch less TV, walk instead of driving, observe a quiet period each day, etc.



MARCH 7

Sunday

Take shorter showers to save water.

MARCH 8

Monday

Abstain from a favorite food or drink.

MARCH 9

Tuesday

Use coupons. Give the money you save to a church program.

MARCH 10

Wednesday

Read Isaiah 58:3-12.

MARCH 11

Thursday

Buy a bag of groceries for someone in need.

MARCH 12

Friday

Drink only water with meals.

MARCH 13

Saturday

Prepare a meal for a person who is shut-in.

3RD WEEK OF LENT

ALMSGIVING AND GOOD DEEDS

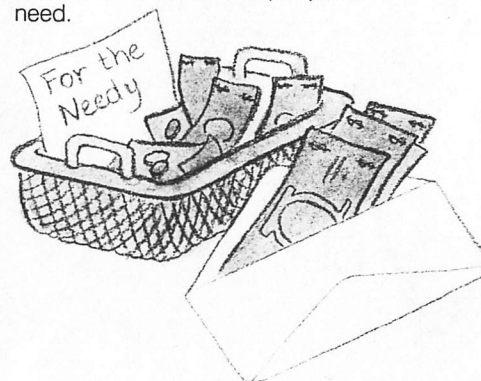
Show your love for Jesus by sharing your gifts with others in your community and around the world.

The commandments...are summed up in this word, "Love your neighbor as yourself."
Romans 13:9



MAKE AN ALMSGIVING BASKET

Put the money you save by fasting into a basket or bowl. Give the money to your church's fund for people in need.



MARCH 14

Sunday

Do chores for someone who has a disability.

MARCH 15

Monday

Recycle cans, bottles and newspapers. Put any refunds in your almsgiving basket.

MARCH 16

Tuesday

Read James 2:14-26.

MARCH 17

Wednesday

Volunteer your time to a local literacy program.

MARCH 18

Thursday

Visit someone who's lonely or in the hospital.

MARCH 19

Friday

Offer to baby-sit for a neighbor for free.

MARCH 20

Saturday

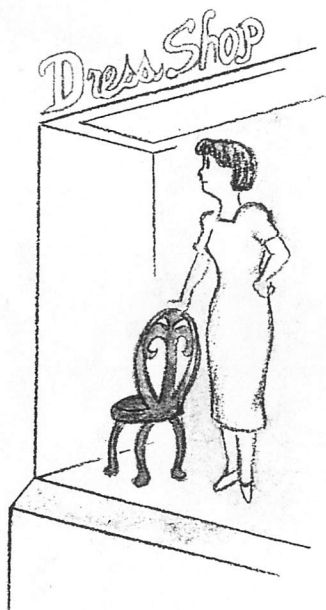
Help a neighbor with housework.

4TH WEEK OF LENT

TEMPTATION

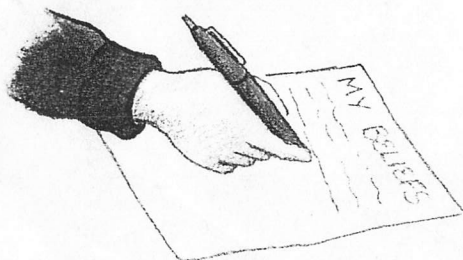
Focus on Jesus' love and courage to help you overcome the temptations of everyday life (greed, envy, etc.).

God is faithful, and he will not let you be tested beyond your strength.
1 Corinthians 10:13



WRITE A STATEMENT OF YOUR BELIEFS

Reflect on your faith and trust in God. Then, write down your beliefs. How do they help you overcome temptations? Share your thoughts with others.



MARCH 21

Sunday

Resolve to change a bad habit.

MARCH 22

Monday

Tell family and friends you love them.

MARCH 23

Tuesday

Discuss ways to resolve conflict at home.

MARCH 24

Wednesday

Do something important you've been putting off.

MARCH 25

Thursday

Seek forgiveness from someone you've hurt.

MARCH 26

Friday

Examine when and why you get angry.

MARCH 27

Saturday

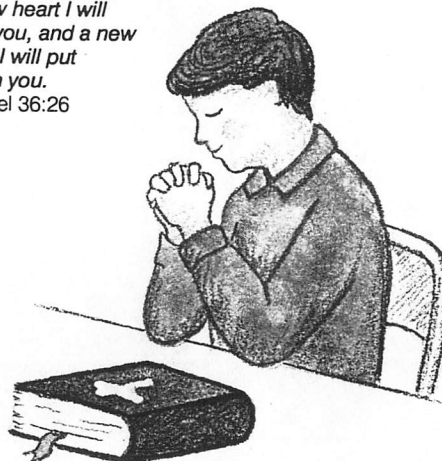
Read Matthew 26:36-46.

5TH WEEK OF LENT

RENEWAL

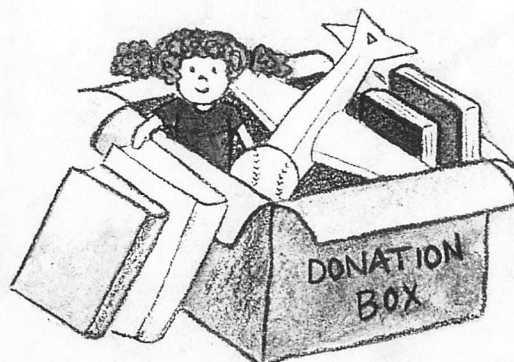
Lent challenges each of us to renew and enrich our spiritual lives.

A new heart I will give you, and a new spirit I will put within you.
Ezekiel 36:26



CLEAN YOUR HOME

Use spring cleaning to reflect your spiritual renewal. Donate any items you can to those in need – toys, books, clothes or furniture.



MARCH 28

Sunday

Observe the changes of spring. How do they remind you of Jesus' Resurrection?

MARCH 29

Monday

Help your church prepare for Easter.

MARCH 30

Tuesday

Read Romans 12.

MARCH 31

Wednesday

Pray to God to strengthen your faith.

APRIL 1

Thursday

Reflect on a negative attitude or belief and work to change it.

APRIL 2

Friday

Do something special for a friend.

APRIL 3

Saturday

Let a child plan an activity for tonight.

HOLY WEEK

As we commemorate the last days of Jesus' life and death, focus on Jesus' love.

"You will weep and mourn, but the world will rejoice; you will have pain, but your pain will turn into joy."
John 16:20



APRIL 4

Palm Sunday

Palms symbolize victory over death by Jesus' Resurrection. Give a palm branch to someone who was unable to attend church.

APRIL 5

Monday

Write a letter to someone with whom you've lost touch.

APRIL 6

Tuesday

Plan how you will continue in the spirit of Lent after Easter.

APRIL 7

Wednesday

Read the Bible to someone who is blind or unable to read.

APRIL 8

Maundy Thursday

"Maundy" comes from the Latin word for "to command." Jesus gave a new commandment -- love one another.

APRIL 9

Good Friday

Here, "good" means "holy." Attend church services with a new member of your church.

APRIL 10

Saturday Easter Vigil

Reflect on what Jesus' death and Resurrection mean to you.

EXPRESS YOUR LOVE

On Maundy Thursday, Jesus washed the Apostles' feet as an act of service and love. Read John 13:1-20. Think of ways you can express your love for others.



PREPARE YOUR HOME

Plan your Easter meal. Decorate your home. Make Easter baskets and color eggs. Explain the symbols of Easter to children.

READ ABOUT JESUS' LAST DAYS

Discuss these Gospel accounts with family and friends:

- Matthew 21-27
- Mark 11-15
- Luke 19-23
- John 12-19.



HOLD A RECONCILIATION CEREMONY

Gather family and friends together to ask for and receive each other's forgiveness.

EASTER SUNDAY APRIL 11

This is the day that the LORD has made; let us rejoice and be glad in it.
Psalm 118:24

ALLELUIA! Today, Jesus has risen and given us new life. Here are some ways to celebrate the Resurrection of Jesus:

JOIN IN A SUNRISE CELEBRATION

Wake up early to attend special church services or to watch the sunrise. Give thanks and praise to God in song or prayer. Prepare a picnic breakfast.



SHARE YOUR LOVE

Give family and friends cards or letters that express your love. Share the power of God's love.



ATTEND CHURCH SERVICES

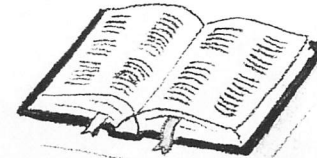
Join together with family and friends to celebrate Jesus' Resurrection.



PRAY AND REFLECT

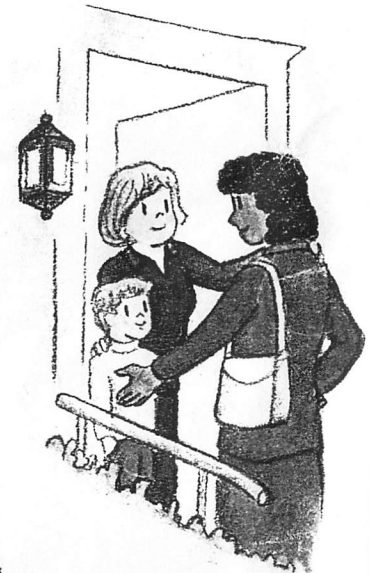
Think about Jesus' gift of everlasting life, and offer a special prayer of thanks. Read the Gospel accounts of Jesus' Resurrection:

- Matthew 28
- Mark 16
- Luke 24
- John 20:1-29.



CELEBRATE AT HOME

Invite friends and relatives to your home for an Easter celebration. Sing favorite songs, share an Easter meal, and enjoy each other's company. Rejoice in the warmth of God's love.



SHARE YOUR JOY

Bring a meal or an Easter lily to someone who is shut-in. Spend some time with that person.



Observing Lent can help you
experience a more meaningful Easter.
HAPPY EASTER!